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In many states stringent laws are in force, regulating the hours of railway employees, so that the "man at the switch" may not, by falling asleep, endanger the lives of the public. Is it not of as vital importance that the hours of a nurse shall be as reasonable, so the life of her patient may be safe in her hands? The American Red Cross text-book says: "No human being who has been over twenty hours without sleep is in any condition to carry out orders for the sick."

Ethically speaking, the moral effect of twenty-four hour duty leaves much to be desired. During an extensive and varied experience, my observations have led me to believe that a system that subjects the nurse to the close and too intimate association with her patient is undesirable, and unjust both to the nurse and to her patient, to say nothing whatever of the wrong impressions frequently entertained by the public. The system appears to me to be especially unfair to the young, unsophisticated nurse who, because of her lack of knowledge of the world, is apt to affect mannerisms and a style of negligee at night with the frequent result that her faith in the human family has been rudely shaken and her innocent outlook on life has been changed at the very threshold of her career.

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### CLEANING THE MEDICINE CLOSET

By M. E. C., R.N.

*Flushing, New York*

To clean the medicine closet and change the bottle labels, is the duty of every nurse at some time or other, and it is often a messy task. The label part may be greatly simplified if a small bottle, or test tube, is filled with water and fitted with a cork of absorbent cotton. When inverted, the cotton becomes just moist enough to dampen the gummed side of the label, which may be applied with dry fingers and no smudges.

An article of this sort is available to every one, and may be used for many purposes, outside of the ward or laboratory, for instance sealing envelopes, affixing stamps, in the X Ray room to moisten the plate marks or bindings, etc.